





2016 Guiding a driving promechanic



Guiding a vehicle from one place to the next is a particularly challenging task in winter weather. Winter driving presents a number of challenges to both you and your car. Cold weather tests the limits of your car's mechanical abilities. Treacherous driving conditions test your abilities as a driver.

Follow these tips when the temperatures drop and the roads are icy:

Clear all snow from your car's windows, lights, license plates, and roof.
 Snow blowing from the roof of your car is a visibility hazard to the driver behind you.

 Back off. Have patience and give people more lead-time, especially if there's snow on the road. You'll thank yourself when the car ahead suddenly spins out.

• Give yourself a brake. If you go into a skid, take your foot off the gas, steer into the skid, and regain control. If you have to stop right away, pump your brakes - don't slam on them. If your car has anti-lock braking systems (ABS), apply steady pressure to the brake pedal.



- Prepare your car. Keep your gas tank close to full to avoid gas line freeze-up. Replace windshield wiper blades. Clean the inside of your windows thoroughly. Apply a watershedding material (such as Rain-X) to the outside of all windows, including the mirrors. Make sure your windshield washer system works and is full of an anti-icing fluid. Keep your tires properly inflated (check them before you drive) so that you never feel the flat spot of frozen tread as you start off in the morning. Check your lights. Use your headlights so that others will see you and, we hope, not pull out in front of you. Make sure your headlights and taillights are clear of snow. If you have an older car with sand-pitted headlights, get a new set of lenses.
- Watch carefully for "black ice." If the road looks slick, it
 probably is. This is especially true with one of winter's worst
 hazards: "black ice." Also called "glare ice," this is nearly
 transparent ice that often looks like a harmless puddle or is
 overlooked entirely. Test the traction with a smooth brake
 application or slight turn of the wheel.
- Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food, bottled water, first aid kit, jumper cables with safety goggles, gasoline antifreeze, fuel conditioner for diesel fuel, wrenches for minor repairs, a spare fan belt and radiator hose, spare spark plugs and spark plug wire.

**For more Winter Driving Safety Tips visit www.safetytoolboxtalks.com/Seasonal/10-winter-driving-tips.html











Winter recreational activities such as sledding, snowboarding, snowmobiling and many other snow sports provide fun for all of us. However, these activities come with a lot of risks for injuries. With just a few precautions and smart behavior, these activities should be safe and fun! Here are some quick winter sports tips to help ensure everyone is safe as you head outdoors.

Winter Sports and Activities

• Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.

Sledding

- · Children should be supervised while sledding.
- Sledding feet first or sitting up, instead of lying down headfirst, may prevent head injuries.
- Consider having your child wear a helmet while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, should not be too steep, and end with a flat runoff.
- · Avoid sledding in crowded areas.

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Snow Skiing and Snowboarding

- You should be taught to ski or snowboard by a qualified instructor.
- Never ski or snowboard alone.
- Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
- All skiers and snowboarders should wear helmets. Ski facilities should require helmet use, but if they do not, parents should enforce the requirement for their children.
- Equipment should fit. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards. Eye protection or goggles should also be used.
- Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- · Avoid skiing in areas with trees and other obstacles.

Snowmobiling

- Children under age 16 should not operate snowmobiles and children under age 6 should never ride on snowmobiles.
- Do not use a snowmobile to pull a sled or skiers.
- · Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- Travel at safe speeds.
- · Never snowmobile alone or at night.
- Stay on marked trails, away from roads, water, railroads and pedestrians.
- **For more Winter Activity Safety Tips visit www.aap.org









PERSONAL FINANCE

- Examine your credit reports from the major national credit reporting firms at least once a year to make sure no one has established credit in your name or is ruining your credit after stealing your identity.
- If you have to give out personal or financial information from a public phone or by cell phone, make sure no one is listening or wait until you're in a more secure location.
- Shred all financial statements, billing statements, and "preapproved" credit card offers and the like before throwing them in the trash or recycling.
- Minimize the number of identification and credit cards you carry with you.
- Cancel all credit cards that you have not used in the last six months. Open credit is a prime target if an identity thief spies it in your credit report.
- Consider placing a fraud alert on your account with the three major credit bureaus, freezing your
 credit, or engaging an identity theft protection service. All of these actions provide an extra layer of
 security by requiring you to approve the release of your credit information rather than having it
 supplied automatically.

Supplied date/indication.

E-COMMERCE

- Look for evidence that you're doing business on a secure site. In your browser bar, look for https and the lock icon.
- Make sure nobody is standing right behind you when you're using an ATM machine. Always shield your hand and the screen, even if no one's right behind you.
- Pay your bills online using a secure site if that service is available.
- Don't give out your credit card number on the Internet unless it is encrypted on a secure site.

BANKING

- Examine all of your bank and credit card statements each month for mistakes or unfamiliar charges that might be the sign of an identity thief at work.
- Use direct deposit instead of a paper paycheck that could be stolen from your mailbox.
- Don't have new checks mailed to you at home; pick them up at the bank.

PERSONAL SECURITY

- Don't carry your Social Security card with you. Keep it in a safe place at home.
- Don't carry automotive insurance policies in your car. Keep them locked up at home.
- Keep your wallet in your front pocket so a pickpocket can't take it. Hold your purse close against your body through its straps.
- Burglar-proof your home. Keep your financial records and important documents inside a locked filing cabinet or safe.
- Commit all passwords to memory. Never write them down or carry them with you.
- Destroy the hard drive of your computer if you are selling it, giving it to charity, or otherwise disposing of it. Don't just erase the hard drive; physically remove it.
- **For more Tips and Information on Preventing Identity Theft visit www.ncpc.org







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ROAD



RAGE

Increasingly congested roadways are a growing source of driver frustration. Learning how to deal with road rage can help you sidestep the dangerous nightmare that often follows an aggressive road rage incident. You must realize that you can't control another driver's behavior, but you can control your own. When another driver cuts you off, how you react will determine what happens next. If you are able to back off, take a deep breath, and remain calm, then you can defuse a potentially violent situation. Below are 5 tips to prevent road rage.

1. Get your Zs.

A national epidemic of sleepiness is a contributing factor to road rage. We all know how cranky we get without enough sleep. It makes us prone to feelings of annoyance, resentment and even anger.

2. Plan ahead.

Leaving just enough time to drive to your destination can make you more prone to a lead foot and a lost temper. Extra time equals calmer driving. Try preparing clothing, briefcases, children's school bags and lunches the night before to minimize your morning rush.

3. Loosen up, then breathe:

If you notice yourself clenching the steering wheel in a death grip, try flexing your fingers and loosening your hold — you'll find that you can control the car just as well. If your right foot is cramped, set the cruise control if traffic allows. If you're on a prolonged road trip, try not to exceed three hours of travel time without a break where you get out and stretch. Struggling to see through a dirty windshield is also an unnecessary stress factor, so fill up with washer fluid before you go. Periodically roll down the window and breathe deeply and slowly.



4. It's not about you.

Perhaps another driver cut you off. Or the car in front of you is braking erratically. Before you assume the driver is getting off on your rising anger levels, realize that you, as an individual, are not the target. Perhaps the driver simply made a mistake or was just being oblivious. Maybe there's a screaming baby, a loose pet or a crazed bee in the car. Maybe he was on a cell phone. The point is, don't take things so personally.

SLOWER TRAFFIC KEEP RIGHT

5. Practice kindness:

Remembering simple courtesies, like allowing someone to merge or apologizing when we make a mistake, can go a long way in making the driving experience positive for ourselves and others. Treat fellow drivers how you would like to be treated. As additional incentive, reducing your aggressiveness on the road can also keep you out of serious trouble. We're all bound to lose our cool at some point, but by planning ahead and keeping things in perspective, we can prevent our emotions from getting the best of us. Putting aggressive driving in park will help to ensure your own safety, as well as the safety of everyone around you.

**Visit these sites for more information on Road Rage: www.dmv.org/how-to-guides/road-rage.php and www.edmunds.com